

A BOOKLET WITH RECIPES



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FISHERIES

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FOREWORD

IT is not so many years ago that the breaking of an egg was attended by some amount of speculation as to what the nature of the contents might be. Improvements in marketing methods have, however, raised enormously the general standard of eggs placed on sale. The most notable advance in this direction was made when the National Mark scheme was applied to home-produced eggs of the finest quality.

In a relatively short time National Mark eggs have deservedly gained a prominent place in the markets of the country, even in quarters where formerly home-produced eggs maintained but a precarious footing in competition with carefully selected and graded imported supplies. The reason for this is not far to seek. The consumer always prefers home produce provided that it can easily be identified as such, that its quality is reliable, and its price reasonable.

National Mark eggs are guaranteed to be clean home-produced eggs of first quality. They are inspected before a high-power lamp before packing, and no stale or defective egg passes this test. After inspection, they are graded into four weight grades:—

SPECIAL weight, a very large, special, breakfast egg.

STANDARD weight, a large egg. Egg-cups are designed for this size and cookery recipes are based on

eggs of this weight.

MEDIUM weight, a medium-sized, all-purpose egg.

PULLET weight, a small egg, suitable for children and invalids.

Every National Mark Egg Packer is registered, and his premises and eggs are subject to Government inspection.

Since the quality of eggs is not apparent to the housewife until they are broken, the fact that National Mark eggs are all tested shortly before they leave the packing stations provides a valuable safeguard. It is most important in preparing egg dishes to bear in mind that the consistency of the albumen in the eggs has a very considerable effect on the result. This consistency weakens with age and with depreciation in quality of the egg, and the best results cannot be obtained by the use of so-called "cooking" varieties. By buying National Mark eggs you can be sure of securing home-produced eggs of uniform high quality, clean, sound, graded as to weight, and packed according to the most approved modern methods.

All grades are of first quality: the difference in grades is a matter of weight only. There is a difference of more than $\frac{1}{2}$ lb. between a dozen eggs of "Special" grade and a dozen eggs of "Pullet" grade; this difference is reflected in the price.

The National Mark is your guarantee of value for money.

Look for it on the egg-case or carton—*not on the eggs.*

SAVOURIES

SCALLOPED EGGS & ONION

INGREDIENTS

4 eggs
1 large Spanish onion
4 tablespoons milk
1 oz. butter or salad oil
seasoning parsley

METHOD: Peel and slice onion and fry a golden brown. Grease some scallops and saucers with the oil or butter. Place the onion in the scallops. Beat eggs and milk together, pour over the onion. Bake in slow oven until set, and decorate with chopped parsley.

BUCK RAREBIT

INGREDIENTS

2 eggs
8 ozs. Cheddar cheese
(grated)
1 oz. butter
2 tablespoons milk
1 tablespoonful made mustard
cayenne

METHOD: Melt butter, add cheese, milk, mustard, cayenne and stir over heat until smooth. Pour mixture over hot buttered toast. Poach eggs and place on top of mixture. Garnish with Paprika. Serve immediately.

PARMESAN CUSTARD

INGREDIENTS

2 eggs
 $\frac{1}{2}$ pint milk
pepper, salt & cayenne
2 ozs. Parmesan cheese
(grated)

METHOD: Make custard, add cheese and seasoning. Bake in cases in moderate oven.

AIGRETTES

INGREDIENTS

2 whole eggs
1 yolk
3 ozs. Parmesan cheese
(grated)
 $\frac{1}{2}$ pint cold water
1 oz. butter
4 ozs. flour
salt & cayenne

METHOD: Boil water and butter, add flour and cook until mixture leaves sides of pan. Cool slightly and add eggs separately, beat thoroughly, add seasoning. Allow to cool. Drop small pieces into hot fat and fry golden brown. Sprinkle with cheese. Serve hot.

EGG CHARTRAS

INGREDIENTS

4 eggs
4 round pieces of bread
4 rounds tongue or ham
3 tablespoons stock
1 teaspoon glaze
2 ozs. butter

METHOD: Fry bread in butter. Cut ham same size as bread and heat in stock, place each on a piece of bread. Poach eggs and place on ham. Garnish with parsley and pour round heated glaze and stock.

(Savoury Egg)

SAVOURY EGG

INGREDIENTS

3 eggs
3 ozs. butter
1 small grated onion
chopped parsley
salt & pepper

METHOD: Beat eggs thoroughly, add pepper, salt, onion and parsley. Heat butter in pan, pour in mixture, stir until it thickens. Serve on buttered toast.

METHOD: Cut a thin slice off the top of the hot baked potatoes lengthwise. Scoop out the centre, pour one raw egg into each potato case. Melt the butter and add the mashed potato removed from jackets, add seasoning and pile mixture round the edge of eggs in the cases. Bake in moderate oven for 10 minutes. Sprinkle with grated cheese and brown under grill. Garnish with parsley, place on dish paper on hot dish. Serve at once.

EGG KROMESKIES

INGREDIENTS

3 eggs (hard boiled)
3 slices of bacon
2 tablespoons onion sauce
(thick)
salt & pepper
chopped parsley

FRYING BATTER

2 ozs. flour
1 dessertsp. salad oil
1 white of egg
water to make a
thick batter

METHOD: Chop eggs and mix with sauce, form into balls, roll round with bacon. Dip in frying batter and fry golden brown.

EGG AND POTATO FLAN

INGREDIENTS

3 eggs (hard boiled)
1 oz. butter
2 ozs. flour
1 pint milk
1½ lbs. mashed potatoes
1 oz. butter

} Sauce

METHOD: Melt butter and add potatoes. Form into a case about six inches diameter. Brush over with egg and brown in oven. Shell the eggs and cut into four pieces. Make white sauce, add the eggs and pour into the potato case. Garnish with chopped parsley.

SURPRISE EGGS

INGREDIENTS

4 baked potatoes (in jackets)
4 eggs
1 oz. Parmesan cheese
(grated)
1 oz. butter
salt, cayenne pepper
parsley to garnish

EGG AND RICE SUPREME

INGREDIENTS

4 eggs (hard boiled)
½ oz. butter
½ oz. flour
½ pint milk
¼ lb. Parmesan (grated)
pepper & salt, Paprika
¼ lb. rice

} Sauce

METHOD: Make sauce and add cheese and seasoning. Boil rice and place round edge of dish. Cut eggs in four, add to sauce and re-heat, but do not boil. Place mixture in wall of rice and decorate with Paprika pepper.

EGG & ARTICHOKE PIE

INGREDIENTS

4 eggs
2 lb. artichokes
1 oz. butter
1 oz. flour
 $\frac{1}{2}$ pint milk
salt & pepper
flaky pastry

} Sauce

METHOD: Line a flat plate or dish with pastry. Prepare and boil artichokes. Hard boil the eggs. Cut eggs and artichokes in thick slices and place on pastry. Make sauce and pour over. Put another piece of pastry on top and join edges. Cook in hot oven until pastry is brown and serve at once.

CHEESE BALLS

INGREDIENTS

2 eggs (*whites only*)
 $\frac{1}{4}$ lb. grated cheese
2 ozs. flour
seasoning
breadcrumbs

METHOD: Beat egg whites stiffly, add cheese and flour and seasoning. Form into balls and roll in breadcrumbs, and fry a golden brown. Serve on dish paper and sprinkle with grated cheese.

POTATO CHEESE

INGREDIENTS

2 eggs
 $\frac{1}{2}$ pint milk
 $\frac{1}{4}$ lb. *Parmesan cheese*
(grated)
1 $\frac{1}{2}$ lbs. *mashed potatoes*
salt & pepper

METHOD: Put cheese and milk in a double pan, and dissolve the cheese. Add the mashed potato, seasoning and yolks of eggs. Beat the whites and add to mixture. Pour into a greased pie dish and bake in a hot oven until brown.

BREAD & BUTTER SAVOURY

INGREDIENTS

4 eggs
slices of bread and butter
1 quart milk
6 ozs. *cheese (grated)*
seasoning

METHOD: Place alternate layers of bread and butter and grated cheese and seasoning in a greased pie dish. Have cheese on top layer. Beat eggs in milk, pour over the bread, and bake for 30 minutes.

EGG CUTLETS

INGREDIENTS

2 eggs *hard boiled*
 $\frac{1}{2}$ oz. butter
 $\frac{3}{4}$ oz. flour
 $\frac{1}{4}$ pint milk
1 teaspoonful *curry powder*
1 egg (*raw*) and
breadcrumbs
parsley & lemon to garnish

METHOD: Melt the butter, add flour and curry powder, add milk, stirring over heat until mixture leaves the sides of the pan. Chop the hard boiled eggs and add to mixture in pan. Add seasoning. Turn the mixture on to a wet plate to cool. Make into cutlets, egg and crumb and fry a golden brown, place a piece of macaroni (raw) in end of cutlet. Arrange on dish paper and garnish with fried parsley and slices of lemon.

EGG & ARTICHOKE SUPREME

INGREDIENTS

4 eggs
1 lb. artichokes
 $\frac{1}{2}$ oz. butter
 $\frac{1}{2}$ oz. flour
 $\frac{1}{2}$ pint milk
 salt & pepper
 mashed potato
 2 teasps. chopped parsley

METHOD: Melt butter, add flour, stir over heat, add milk gradually and bring to boil. Add seasoning. Prepare and cook artichokes. Poach eggs. Place eggs on bed of mashed potato, pour sauce over and sprinkle parsley on top. Place artichokes round eggs and serve immediately.

CURRIED EGGS

INGREDIENTS

3 eggs hard boiled
 $\frac{1}{4}$ lb. boiled rice
 $\frac{3}{4}$ oz. butter
 small piece of apple and onion
 1 teaspoonful curry powder
 1 teaspoonful flour
 $\frac{1}{4}$ pint stock
 salt and lemon juice

METHOD: Chop onion and apple and fry in batter for five minutes without browning. Stir in curry powder and flour. Add stock and salt gradually, stirring all the time. Simmer for 15 minutes. Add lemon juice to taste. Cut eggs into four pieces and place in curry to re-heat. Make border of rice on dish and pour curry in centre.

SCOTCH EGGS

INGREDIENTS

3 eggs hard boiled
 1 sausage
 breadcrumbs

TOMATO SAUCE

$\frac{1}{2}$ lb. tinned tomatoes
 1 tablespoonful vinegar
 1 teaspoonful cornflour
 $\frac{1}{4}$ oz. butter
 $\frac{1}{2}$ oz. lean ham
 1 onion
 sprig thyme, salt
 & pepper

METHOD: Chop onion and ham, put in pan with butter, thyme, salt and pepper, fry for a few minutes. Add vinegar and tomatoes. Simmer for 15 minutes. Rub through a sieve, return to saucepan and re-heat. Mix the cornflour with a little cold water, pour into saucepan and bring to the boil, stirring all the time. Remove shells from eggs and coat eggs with sausage meat. Coat with egg and breadcrumbs and fry in deep fat a golden brown. Cut eggs in half and stand each half on a small croute of fried bread, decorate with chopped parsley. Pour tomato sauce round and serve hot.

SAVOURY EGG MOULDS

INGREDIENTS

4 eggs
4 croutes of bread
bloater paste
chopped parsley
butter

METHOD: Grease four small fondu cases with butter and sprinkle with finely chopped parsley. Drop an egg into each case. Stand in boiling water, about half way up the cases, and cook slowly for 10 minutes or until set. Turn each egg out on to a croute, previously spread with bloater paste, and serve immediately.

EGGS AU FROMAGE

INGREDIENTS

4 eggs
1 oz. butter
4 thin slices of Dutch
cheese
1 oz. Parmesan cheese
(grated)
pepper & salt
chopped parsley
 $\frac{1}{4}$ pint of cream

METHOD: Spread the butter on a pie dish. Place slices of cheese on dish. Break eggs into dish and sprinkle with pepper and salt. Mix grated cheese, one teaspoonful of chopped parsley and cream together and pour over eggs. Bake in a hot oven for 10 minutes. Garnish with paprika pepper and chopped parsley.

PARMESAN EGGS

INGREDIENTS

5 eggs (hard boiled)
 $\frac{3}{4}$ pint white sauce (thick)
 $\frac{1}{4}$ pint tomato ketchup
1 yolk of egg raw
salt & pepper
1 tablespoonful Tarragon
vinegar
2 ozs. grated Parmesan
cheese

METHOD: Rub yolks of eggs through a sieve, cut up whites into strips. Reduce vinegar in a pan, add the white sauce, ketchup and raw yolk and cook while stirring. Season, add shredded whites and half the cheese. Turn on to a hot dish, pile up yolks of eggs and sprinkle remainder of cheese on top, place under grill. Serve at once.

EGG PUFF SANDWICHES

INGREDIENTS

yolks of two eggs
white of one egg
2 ozs. butter
3 ozs. Parmesan cheese
(grated)
salt, pepper & cayenne
puff pastry

METHOD: Roll the puff pastry out thinly and cut in half. Beat the eggs, add cheese and melted butter and seasoning. Place mixture on one piece of pastry and cover with the other. Cut in rounds with pastry cutter. Brush with egg and bake in hot oven for 10 to 15 minutes.

OMELETTES

PUFFY OMELETTE

INGREDIENTS

2 eggs
 $\frac{1}{2}$ oz. cornflour
 $\frac{1}{4}$ pint milk
 $\frac{1}{4}$ teaspoonful baking powder
 salt & pepper
 1 oz. butter

METHOD: Braid cornflour and milk and bring to boil. Add seasoning and allow to cool. Add yolks of eggs. Beat up whites until stiff. Add baking powder to yolks, etc., fold in whites and pour into omelette pan containing melted butter. Cook very slowly until set at the bottom. Place under grill or dry out in warm oven for two minutes and fold over and serve hot dish.

KIDNEY OMELETTE

INGREDIENTS

3 eggs
 1 kidney
 $1\frac{1}{2}$ ozs. butter
 salt & pepper

METHOD: Skin and chop kidney and saute in half the butter. Place eggs in basin and beat thoroughly, add seasoning. Place remainder of fat in omelette pan and heat. Pour in the eggs. When set, put on the prepared kidney and fold in half. Turn on to a hot dish.

CHEESE OMELETTE

INGREDIENTS

3 eggs
 1 oz. Parmesan cheese
 (grated)
 salt & pepper
 1 oz. butter or tablespoonful
 olive oil

METHOD: Separate yolks from whites. Beat whites stiffly, add seasoning to yolks, fold in whites and grated cheese. Melt butter or heat oil in omelette pan, pour in mixture and stir rapidly. When nearly set, fold in half and turn on to a hot dish. Sprinkle with a teaspoonful of grated Parmesan cheese.

TOMATO OMELETTE

INGREDIENTS

3 eggs
 1 tomato
 2 ozs. butter
 salt & pepper

METHOD: Skin tomato and cut up finely. Beat yolks and whites of eggs thoroughly. Saute tomato in a saute pan with butter and keep hot. Add seasoning to eggs and pour into omelette pan containing hot butter. Stir rapidly; when set, put prepared tomatoes in centre, fold over and serve on hot dish. Pour a tablespoonful of heated tomato ketchup over.

SWEETS

SWEET OMELETTE

INGREDIENTS

- 4 eggs
- 2 ozs. sugar
- vanilla essence
- 1 tablespoonful jam

METHOD: Whisk yolks and sugar until stiff. Beat whites stiffly and add also vanilla. Grease omelette pan and pour mixture in. Bake in a quick oven 10 to 15 minutes. Heat the jam. Turn omelette on to sugared paper, place jam in centre, fold over and serve at once.

FRENCH PANCAKES

INGREDIENTS

- $\frac{1}{2}$ pint milk
- 2 eggs
- 2 ozs. butter
- 2 ozs. sugar
- 2 ozs. flour
- jam

METHOD: Grease four saucers. Boil milk. Cream butter and sugar, add eggs and flour gradually. Add milk and beat well. Let it stand one hour. Pour into saucers. Bake in moderate oven for 15 minutes. Turn out, spread with jam. Turn over and serve at once.

BAKED LEMON PUDDING

INGREDIENTS

- 3 eggs
- 3 ozs. castor sugar
- 2 lemons (grated rind
and juice)
- $\frac{1}{4}$ pint milk
- 2 ozs. cake crumbs
- pastry

METHOD: Mix lemon rind and juice with sugar, yolks of eggs, milk and cake crumbs. Whisk whites stiffly and fold into mixture. Line a pie dish with pastry, place mixture in dish and bake in moderate oven for 30 minutes.

VANILLA SOUFFLE

INGREDIENTS

- 4 eggs
- 1 oz. butter
- 1 oz. flour
- salt
- $\frac{1}{4}$ pint milk
- 1 dessertspoonful castor
sugar
- $\frac{1}{2}$ teaspoonful vanilla
essence

METHOD: Melt butter and sugar, add flour and milk and cook until it leaves sides of pan. Add yolks separately, beat thoroughly. Add vanilla. Whisk whites stiffly and fold in. Pour into greased cake tin and steam 30 minutes. Serve immediately.

OMELETTE SOUFFLE

INGREDIENTS

- 6 eggs
- $\frac{1}{2}$ oz. flour
- 3 ozs. castor sugar
- vanilla essence

METHOD: Beat yolks of four eggs with the sugar for 10 minutes, add vanilla, whisk six whites stiffly and fold into mixture. Grease a souffle tin, pour mixture in and bake in a hot oven for 10 minutes.

INVALID COOKERY

EGG JELLY

INGREDIENTS

$\frac{1}{4}$ oz. gelatine
 $\frac{1}{4}$ pint water
 1 lemon
 3 ozs. loaf sugar
 $\frac{1}{4}$ pint lemon juice and
 water
 1 egg

METHOD: Soak gelatine in $\frac{1}{4}$ pint of water. Rub the sugar on the lemon, add to gelatine and warm in saucepan until dissolved. Squeeze out the juice of the lemon and make up to one pint with water. Add to gelatine, etc., and strain. Separate white from yolk of egg. Add yolk to gelatine, etc., and bring to boil. Whip whites stiffly and fold into mixture. Pour into mould and leave till set.

EGG AND GROUND RICE PUDDING

INGREDIENTS

1 egg
 1 oz. ground rice
 $\frac{1}{2}$ pint milk
 salt
 1 oz. Parmesan cheese
 (grated)

METHOD: Boil ground rice and milk until thick, add yolk of egg and salt and cheese. Beat up white until stiff. Fold white into mixture, pour into greased pie dish and bake slowly for 10 minutes. (Sugar may be used instead of cheese if desired.)

EGG AND BEEF TEA

INGREDIENTS

2 eggs
 $\frac{1}{2}$ pint beef tea
 1 tablespoonful breadcrumbs
 salt

METHOD: Beat eggs, add beef tea and salt, pour over breadcrumbs in a basin and allow to stand. Bake slowly for about 15 minutes in a greased pie dish.

BEEF TEA CUSTARD

INGREDIENTS

1 egg
 1 teacupful of beef tea

METHOD: Beat egg, add beef tea. Pour into a small greased basin, cover with greased paper and steam slowly until set. Turn out on to warm plate.

EGG FLIP

INGREDIENTS

1 egg
 1 dessertspoonful sugar
 $\frac{1}{4}$ glass brandy

METHOD: Stir raw yolk and sugar together in a glass until creamy. Add the brandy. Whip whites and stir in lightly. Add salt to taste.

EGG NOG

INGREDIENTS

1 egg (yolk only)
 $\frac{1}{2}$ tablespoonful sugar
 $\frac{1}{2}$ pint milk
1 tablespoonful brandy

METHOD: Mix yolk and sugar. Stir into this the milk just below boiling point. Add brandy and serve hot.

EGG WINE

INGREDIENTS

2 eggs
1 pint boiling water
1 tablespoonful sugar
1 wineglass of sherry

METHOD: Beat egg and sugar. Stir in water, place in double pan and stir until it thickens. Add sherry. Serve at once.

EGG DE LUXE

INGREDIENTS

2 eggs
1 tablespoonful sugar
 $\frac{1}{2}$ pint hot water
nutmeg
 $\frac{1}{4}$ pint brandy

METHOD: Whisk eggs and sugar and little grated nutmeg. Stir in the water (just below boiling point), add brandy and serve.

MOCK OYSTER

INGREDIENTS

1 egg
2 teaspoonsful lemon juice
salt

METHOD: Place the lemon juice in a small glass, break the egg and drop it into the glass and add salt, taking care not to break up the egg. Swallow whole.

EGG LEMONADE

INGREDIENTS

1 egg
 $\frac{1}{2}$ pint water
1 oz. loaf sugar
1 lemon
 $\frac{1}{4}$ teaspoonful bi-carbonate soda

METHOD: Make a syrup by boiling water and sugar together. Add juice and grated lemon rind together. Strain when cold and add whisked egg. Add soda lastly and serve while frothing.

EGG PUFF

INGREDIENTS

1 egg
1 wineglassful port wine

METHOD: Beat yolk, add port wine gradually. Whisk white stiffly and fold in.

EGG FILLIP

INGREDIENTS

4 eggs
2 saccharine tablets
 $1\frac{1}{2}$ pints milk
 $\frac{1}{2}$ pint brandy
3 lemons

METHOD: Place eggs in shells in basin, add lemon juice, allow to stand for three days with cover over basin, turning over each day. When shells are dissolved, beat thoroughly, strain, add saccharine and brandy, and finally milk. Pour into well-stoppered bottles and keep for use.

SAUCES

MAYONNAISE SAUCE

I

INGREDIENTS

- 1½ tablespoonsful sugar*
- 1 teaspoonful mustard*
- 1 dessertspoonful flour*
- salt & cayenne*
- 2 eggs*
- 1 oz. butter*
- 3 cups milk*
- ½ cup vinegar*

METHOD: Mix dry ingredients in top of double saucepan; add vinegar and beaten egg yolks and mix. Add milk and butter, and cook until thick and smooth. Beat whites of eggs, add to mixture and allow to cool.

MAYONNAISE SAUCE

II

INGREDIENTS

- 2 yolks of eggs*
- ¼ pint salad oil*
- 2 tablespoonsful vinegar*
- ¼ teaspoonful mustard*
- salt & pepper*

METHOD: Beat yolks, add pepper, salt and mustard, add oil gradually whisking all the time and finally add vinegar slowly.

MAYONNAISE DRESSING

INGREDIENTS

- 2 yolks of eggs (hard boiled)*
- salt & pepper*
- cayenne*
- ½ teaspoonful mustard*
- 1 tablespoonful vinegar*
- 2 tablespoonsful salad oil*
- 4 tablespoonsful cream*

METHOD: Pound all dry ingredients together, add vinegar and oil and finally cream.

CREAM DRESSING

INGREDIENTS

- yolks of two eggs*
- 1 tablespoonful sugar*
- ½ teaspoonful salt*
- 1 teaspoonful mustard*
- pepper*
- 2 tablespoonsful vinegar*
- 1 oz. butter*
- 1 cup cream*

METHOD: Melt butter, add to beaten yolks, add sugar and seasoning and vinegar; cook in double pan, stirring until thick, allow to cool. Beat cream stiffly and stir in before serving.

HOLLANDAISE SAUCE

INGREDIENTS

- 3 yolks of eggs*
- 6 ozs. butter*
- pinch of salt & pepper*
- juice of half a lemon*
- 2 tablespoonsful water*

METHOD: Put pepper, salt, water and butter into a double saucepan and melt. Add yolks and whisk whilst beating until it becomes frothy. Add lemon juice. Pass through a sieve and keep hot over hot water.

BRANDY SAUCE

INGREDIENTS

- 3 egg yolks*
- ½ pint cream*
- 1 dessertspoonful castor sugar*
- 1 wineglass brandy*

METHOD: Put yolks into double pan, add cream, brandy and sugar, and whisk for eight minutes over heat.

EGG SAUCE

INGREDIENTS

- ½ oz. butter*
- ½ oz. flour*
- salt & pepper*
- ½ pint milk*
- 1 hard boiled egg*

METHOD: Melt butter and add flour and seasoning, and add milk gradually whilst stirring over heat. Chop egg up finely and add to sauce.

NOTES



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